



Whole Hearted Workshops

Therapy and Workshops that Help Women Heal

THE 10 CONNECTIONS

How to LET GO of old thinking patterns and PLUG IN new ones

By Maria Bucci WholeHeartedWorkshops.com

▼ #1 Release

WHAT OTHER PEOPLE THINK

★ Practice

AUTHENTICITY

▼ #2 Release

TRYING TO BE PERFECT

★ Practice

SELF-COMPASSION

#3 Release

NUMBING AND FEELING POWERLESS

Practice

RESILIENT SPIRIT

#4 Release

SCARCITY AND FEAR OF THE DARK

Practice

GRATITUDE & JOY

#5 Release

THE NEED FOR CERTAINTY

Practice

INTUITION & FAITH

▼ #6 Release

ANY FORM OF COMPARISON

★ Practice

CREATIVITY

▼ #7 Release

USING EXHAUSTION AS A STATUS SYMBOL
AND PRODUCTIVITY AS SELF-WORTH

★ Practice

PLAY AND REST

▼ #8 Release

ANXIETY AS A LIFESTYLE

★ Practice

CALM AND STILLNESS

▼ #9 Release

SELF-DOUBT AND “SUPPOSED TO”

★ Practice

MEANINGFUL WORK

▼ #10 Release

BEING COOL AND “ALWAYS IN CONTROL”

★ Practice

LAUGHING, SONG & DANCE

From the author, Maria Bucci:

My mission is to create therapeutic experiences and workshops that help women discover their true self - and live the life they deserve!

Use these 10 tips any way you would like. Cut them out and carry them with you or paste them in places where you see them often. Share them with others!

Contact me at maria@wholeheartedworkshops.com or 614-679-4182

Maria Bucci of WholeHeartedWorkshops.com

